

DINNERLY



Crumbed Tofu and Katsu Curry Sauce with Rice and Pickled Salad



30 minutes



2 Servings

Enjoy Japanese-style cooking at home with our vego twist on this much-loved dish. We've swapped chicken for tofu, coated it in crumbs and fried it until crispy golden, then dished it up with a lip-smacking, mild curry sauce.

WHAT WE SEND

- 150g jasmine rice
- 300g tofu ⁶
- 1 Lebanese cucumber
- 80g radish
- 40g panko breadcrumbs ¹
- 200ml coconut milk
- 5g Malaysian mild curry powder

WHAT YOU NEED

- 2 tsp white vinegar
- 1½ tsp sugar
- 1 egg ³
- 1 tbs vegetable oil
- 2 tsp soy sauce ⁶

TOOLS

- small saucepan with lid
- paper towel
- mandoline (optional)
- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 690kcal, Fat 36.5g, Carbs 87.0g, Proteins 22.6g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



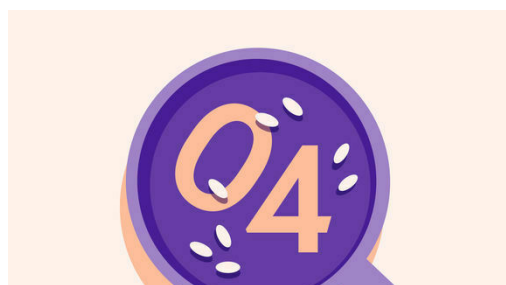
2. Pickle vegetables

Carefully remove the **tofu** from the packet, then drain on paper towel. Thinly slice the **cucumber** and **radish** with a mandoline or sharp knife. Put **2 tsp white vinegar** and **½ tsp sugar** in a bowl, season with **salt** and stir to combine. Add the cucumber and radish and toss to coat. Set aside to pickle, tossing occasionally, until needed.



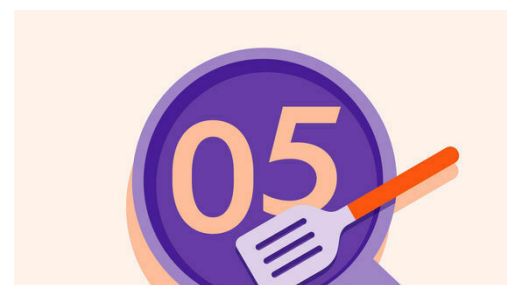
3. Pan-fry tofu

Meanwhile, cut the **tofu** into 8 thick slices and season with **salt and pepper**. Whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** in a separate bowl. Dip the tofu in the egg, then coat in the breadcrumbs. Heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Carefully cook the tofu for 4-5 mins each side until golden (see Kitchen 101). Remove from the heat.



4. Make curry sauce

Meanwhile, put the **coconut milk**, **curry powder**, **2 tsp soy sauce** and **1 tsp sugar** in a small saucepan. Bring to the boil, then reduce the heat to medium and cook, stirring, for 5 mins or until thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Serve up

Divide the **rice** among bowls. Top with the **crumbed tofu** and **pickled vegetables**. Drizzle the **sauce** over the tofu and enjoy!



6. Kitchen 101

Our tofu is delicate and can break apart, so take care when frying it.